

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
⌚5:45-6:45am PRECISION TONING <i>Rachel E (30)</i>		⌚5:45-6:45am CORE FIT <i>Rachel E (30)</i>		⌚5:45-6:45am PRECISION TONING <i>Rachel E (30)</i>	7:15-8:15am CORE FIT <i>Rachel E (30)</i>	
8:30-9:30am PILATES <i>Lynda (30)</i>	8:00-8:30am CARDIO DRUMMING <i>Michelle (30)</i>	8:00-8:45am ZUMBA BURST <i>Michelle (30) - ARB</i>	8:30-9:30am TONING RHYTHMS <i>Michelle (30)</i>	8:30-9:30am GENTLE YOGA <i>Dawna (30) - Asmbly</i>	7:30-8:15am ★MUSCLE CONDITIONING <i>Ssuan (25) - ARB</i>	
9:00-9:30am EXPRESS CYCLE <i>Liza (12) - Cycle Room</i>	8:30-9:35am ZUMBA <i>Michelle (50)</i>	8:30-9:30am PILATES <i>Lynda (30)</i>		8:30-9:30am PILATES <i>Marie (30)</i>	8:30-9:30am ZUMBA <i>Selene (50)</i>	
9:45-10:35am MUSCLE CONDITIONING <i>Liza (30)</i>		9:00-9:50am POWER CYCLE <i>Liza (12) - Cycle Room</i>		9:00-9:30am EXPRESS CYCLE <i>Liza (12) - Cycle Room</i>	8:30-9:30am POWER CYCLE <i>Rachel E (12) - Cycle Room</i>	
	9:45-10:45am PILATES <i>Marie (30)</i>	9:40-10:40am ZUMBA GOLD <i>Michelle (50)</i>	9:45-10:45a TONE & STRETCH <i>Michelle (30)</i>	9:45-10:35am MUSCLE CONDITIONING <i>Liza (30)</i>	9:45-1030am TABATA <i>Izy (30)</i>	10:15-11:15am ZUMBA <i>Selene (50)</i>
11:00am-12:00pm PRIME TIME FITNESS <i>Jenny (40)</i>	11:00am-12:00pm PRIME TIME FITNESS <i>Jenny (40)</i>	10:50-11:50am YOGA - ALL LEVEL <i>Deanna (30)</i>	11:00am-12:00pm PRIME TIME FITNESS <i>Jenny (40)</i>	10:50-11:50 YOGA - ALL LEVEL <i>Deanna (30)</i>	11:00am-12:00pm YOGA - ALL LEVEL <i>Dawna (30) - Asmbly Rm</i>	
12:00-1:00pm ZUMBA GOLD <i>Michelle (50) - Asmbly Rm</i>				12:00-1:00pm ZUMBA GOLD <i>Michelle (30)</i>	I'M GOING TO MAKE YOU SO PROUD - NOTE TO SELF DO GROUP EXERCISE CLASSES AT FREESTONE • Sat, Dec 24 - Zumba at 8:30am / No other classes • Sat, Dec 31 - Zumba at 8:30am / No other classes	
12:30-1:45pm GENTLE YOGA <i>Deanna (30)</i>		12:00pm-12:45pm ★FOREVER FIT <i>Susan (40) - ARB</i>		12:00pm-12:45pm ★FOREVER FIT <i>Susan (40) - ARB</i>		
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	Legend	
4:00-4:45pm FULL BODY BLAST <i>Susan (30)</i>	4:00-4:45pm TONE & STRETCH <i>Susan (30)</i>	4:00-5:00pm 20/20/20 <i>Susan (30)</i>	4:00-5:00pm ◆STEP & TONE <i>Jackie (30)</i>		(#) Class Maximums Asmbly - Assembly Rm ARB - Aerobics B ⌚Time Change	
5:00-5:45pm P90X LIVE <i>Delia (30)</i>	5:00-5:45pm STEP & TONE <i>Jackie (30)</i>	5:10-6:10pm CORE FIT <i>Rachel E (30)</i>	5:10-6:00pm PILATES <i>Liza (30)</i>		GENERAL CLASS INFORMATION	
5:55-6:25pm TABATA <i>Delia (30)</i>	6:00-6:45pm TBC/TABATA <i>Izy (30)</i>	6:20-7:20pm ZUMBA <i>Selene (50)</i>	6:15-7:00pm ZUMBA BURST <i>Michelle (30)</i>		Fitness classes are designed for participants 15 years and older. Children 11 years and under are not permitted in fitness classes. Children ages 12-14 years wishing to attend the fitness class must be accompanied by a participating adult. Kiddy Korner is available for children 18mos - 7yrs while parent is on site. Valid daily pass or membership is required for use of this service.	
6:35-7:35pm ZUMBA <i>Michelle (50)</i>	6:00-7:00pm GENTLE YOGA <i>Beth (30) - Asmbly Rm</i>	6:00-7:00pm YOGA - ALL LEVEL <i>Jessica (30) - Asmbly Rm</i>		6:00-7:00pm ZUMBA <i>Caleb (50)</i>		
7:15-8:15pm YOGA - ALL LEVEL <i>Jessica (30) - Asmbly Rm</i>	7:00-8:00pm PILATES <i>Marie (30)</i>	7:15-8:15pm YIN YOGA <i>Beth (30) - Asmbly Rm</i>				

All group exercise classes are held in Aerobics Room A unless otherwise noted. Cycling classes are held in the cycling room in the rear of the building. Class sizes are limited. The instructor will collect all passes at the start of class. Closed toed shoes are required with the exceptions of yoga or Pilates classes. All classes, times, and instructors subject to change and/or cancellation. Please let the instructor know of any physical limitations or injuries prior to the start of class.

KIDDY KORNER HOURS: M-F: 8am-12pm & 4pm-8:15pm Saturday: 8am - 2pm Sunday: Closed

CLASS DESCRIPTIONS

20/20/20: Looking to improve your strength, flexibility, and achieve your desired weight? Try 20 minutes of cardio, 20 minutes of muscle conditioning and 20 minutes of core training/stretching. Designed to give an all-over workout and help achieve your fitness goals.

Cardio Drumming: A fun, high energy, low impact, fat burning class using drumsticks and exercise balls. You will learn 3 blocks of choreographed drumming then put it all together for one final finale. Get a full body workout while you rock out!

Core Fit: This class is designed to work your entire body, through your core! This dancer inspired body-sculpting method uses high-rep exercises that work your body in multiple

Core Strength: Help build a more stable, powerful abdomen and lower back to improve fitness, straighten posture and provide a solid foundation in this intense 30 minute class.

Express Cycle: Get your cardio in with this 30 minute class designed for all levels. Variable rides will include hills, sprints and end with a stretch.

Forever Fit: This class is designed for men and women 55+ years old or those looking for a gradual return to peak fitness levels. Consisting of a variety of exercises to improve balance, strength, and cardiovascular health which incorporates stretching, aerobics, and relaxation. Chair based exercises suitable for members that cannot stand or have some limitations in standing. A good starting point for members recovering from an operation or illness.

Full Body Blast: This complete body workout challenges both your muscular strength and muscular endurance. Every muscle group is targeted, leaving you with a totally toned

Muscle Conditioning: A weighted workout set to the rhythm of music, this class will help you get a cardio workout along with strength and endurance through the use of dumbbells, bands, and a flex ball.

P90X LIVE: This is a total body cardio and strength training class. You will use weights such as dumbbell but these are always optional. Workouts will be modified for a wide range of fitness levels and abilities. There is a warm up, cardio, lower strength, upper strength, core and cool down sections. Each section has different protocols to always have muscle

Pilates: This method of body conditioning is a unique blend of stretching and strengthening that will tone muscle, improve posture, provide flexibility and balance, unite the mind

Power Cycle: This unique hybrid cycle class incorporates additional interval and strength training into a traditional cycle format, allowing participants to build both cardio and strength.

PrimeTime Fitness: This class is designed for men and women 55+ years old or those looking to expand their strength and flexibility at a more advanced level than the Silver Sneaker program.

Precision toning: This class is divided into four targeted segments: Arms, legs, butt and abs. Each segment's unique exercise is designed to work all the muscles within each target area, to build a strong balanced body. The class is built around a fast pace, unique body positioning and high rep count. You'll do alternating sequences of standing, kneeling and

Step & Tone: This class combines cardio and strength training targeting different muscle groups. It's a total body workout designed to increase endurance and strength. Beginners welcome.

Tabata: Tabata is an intense fitness class that works the entire body. Tabata training lasts four minutes following a pattern of 20 seconds of work; 10 seconds of rest that is repeated 4 times throughout the class.

Tone & Stretch: This class blends lightweight toning & deep stretching through a series of flowing movements using a variety of equipment to create a longer, leaner look.

Toning Rhythms: Take your toning conditioning to a whole new level! Choreographed to fun, upbeat, music each song will target a specific muscle group using light weights and fitness equipment to maximize toning and calorie burn.

Total Body Conditioning (TBC): This class focuses on exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, coordination, balance, posture and agility. This class is guaranteed to give you a challenging, effective, and fun full-body workout!

Yin Yoga: Poses that apply moderate stress to the connective tissues of the body - the tendons, fascia, and ligaments - with the aim of increasing circulation in the joints and improving flexibility. Yin poses are held for longer periods of time - up to five minutes.

yogis looking for a challenge. *Bringing your own yoga/Pilates mat is recommended for this class.*

Zumba: This fusion of Latin and international music will create a dynamic fitness environment that combines movements in an interval training approach through dance.

Zumba Burst - Zumba fun and high-intensity interval training moves for a massive calorie burn packed into an effective 45 minute workout.